
The Low FODMAP Diet

FODMAP = Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols

What is a low FODMAP diet?

A low FODMAP diet can help with certain digestive disorders, especially irritable bowel syndrome (IBS) and symptoms such as bloating, gas, fullness, nausea, diarrhea, and abdominal pain or cramping. Sometimes the foods we eat contribute to these symptoms. The low FODMAP diet can help you learn what foods may be causing some of these symptoms.

- FODMAP is an acronym for **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides, **A**nd **P**olyols. These are groups of carbohydrate foods that may be difficult for your body to digest and may cause uncomfortable symptoms. Some examples include:
- **Oligosaccharides** (Fructans and galactans): wheat, rye, garlic, onion, beans, lentils, soybeans, pistachios, and cashews
- **Disaccharides** (Lactose): dairy made from cow's milk, goat's milk, or sheep's milk
- **Monosaccharides** (Fructose): some fruits, honey, and high-fructose corn syrup (HFCS)
- **Polyols** (Sugar alcohols such as sorbitol and mannitol): apricots, avocado, nectarines, peaches, plums, and mushrooms

How long will I be on this diet?

- The low FODMAP diet is not meant to be a long-term diet. The goal is to find triggers and to develop a way of eating that only restricts foods which trigger symptoms.
- Phase One: 2-6 weeks. This is the elimination phase. Eat a low FODMAP diet, avoiding high FODMAP food as much as possible.
- Phase Two: 6-8 weeks. This is the reintroduction phase. Add high FODMAP foods back in one at a time and assess for symptoms.
- Phase Three: Indefinite. Develop an eating plan that only restricts foods that trigger symptoms. Promote a flexible eating pattern while maintaining good symptom control.

Tips for starting the low FODMAP Diet:

- Focus on the foods you CAN eat! There are lots of foods on the low FODMAP chart. Use the chart to help you plan your meals and create your grocery lists.
- Identify the sources of high FODMAPs you normally eat in the largest quantities. Focus on cutting back or avoiding those.

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- Read food labels to find sources of FODMAPs like honey, sorbitol, high-fructose corn syrup (HFCS), chicory root, and inulin. These are high FODMAP ingredients that may be added to processed foods.
 - Keep portion sizes in mind. Some foods may be low in FODMAPs if consumed in small amounts, but large amounts of the same food may be high in FODMAPs. Check the charts for portion sizes.
 - Eliminating sources of FODMAPs may result in your diet containing too little fiber. Use the low FODMAP chart to help you choose plenty of low FODMAP fruits, vegetables, and grains; these will give you fiber without FODMAPs.
 - Stay hydrated! Staying hydrated is important for proper digestion. Drink at least 64 ounces of water per day.
 - Check your medications for fructose and sorbitol. Sometimes they are not listed on the label. Ask your pharmacist or check with the medication manufacturer.
 - Alcohol and coffee are low in FODMAPs but are still gut irritants. It is best to avoid these beverages during the low FODMAP diet as well to improve digestion. Ask your dietitian about whether these beverages are recommended for you or not while following the diet.

How do I start adding FODMAPs back in to my diet?

There are different ways to transition off the low-FODMAP diet. The key is to *avoid* adding all FODMAPs back at once. Your dietitian can advise you as you begin reintroducing foods back into your diet. Adding back **one** food item at a time will allow you to learn which foods your body may or may not tolerate. Also look for improved symptoms while eating low FODMAP foods.

Once your symptoms improve, try adding back one high FODMAP food group for 2-3 days at a time. Allow for 3-5 days in between so you do not confuse symptoms.

As you reintroduce new foods, keep detailed food symptom records to identify all triggering foods that cause symptoms. Your dietitian can adjust your diet plan to limit the foods that cause increased symptoms and explain what foods to avoid.

Low FODMAP Foods – Enjoy these foods!

Note: If a food has a portion size listed next to it, eating more than the listed portion will result in a moderate or high FODMAP food.

Fruits	Vegetables	Grains	Protein	Dairy	Other
Banana, green	Alfalfa sprouts	Arrowroot	Almond butter, 1	Brie/camembert	Black Tea, 6 oz.
Blueberry, ¼ cup	Bean sprouts	Buckwheat flour	tablespoon	Butter, ghee	Capers
Cantaloupe, ¾ cup	Beets, pickled	Cornstarch	Almonds, 10	Cheese, 2 slices (1.4 ounces)	Cocoa powder
Grapes	Bok choy, 1 cup	Corn	Brazil nuts, 10	Cheddar	Dark chocolate, 1 oz.
Honeydew, ½ cup	Broccoli, 2 cups	tortillas/chips	Chia seeds	Gruyere	Fresh herbs
Kiwi, 2	Cabbage, red or green, ¾ cup	Cornmeal	Chickpeas, canned and drained, ¼ cup	Havarti	Green or white tea
Lemon and lime	Carrots	Gluten-free bread or pasta	Eggs	Monterey jack	Hot sauce (no garlic, no sugar)
Mandarin orange	Cucumber	Millet	Flaxseeds, 1	Mozzarella	Lard
Orange	Eggplant, 1 cup	Oats, not instant or quick cooking	tablespoon	Swiss	Maple syrup
Passionfruit, 2	Green beans, 15	Oat bran	Hazelnuts, 10	Cream cheese, 2	Margarine
Papaya	<u>Greens</u> : arugula, chard, collards, kale, lettuce, spinach	Polenta	Lentils, ¼ cup	tablespoons	Feta cheese, 3
Pineapple, 1 cup	Parsnip	Potato flour	Macadamia nuts	tablespoons	Goat cheese, 1
Plantain	Peppers, red bell or hot	Quinoa	Meat (Poultry, Fish, Beef, Pork)	tablespoon	LF cottage cheese
Starfruit	Potato, white	Rice	Peanut butter	LF cream cheese	LF milk
Strawberry	Pumpkin, 1/3 cup	Rice bran	Peanuts	LF yogurt or kefir	Parmesan or
Tangerine	Oyster mushrooms	Rice flour	Pecans	pecorino, 1/3 cup	Ricotta cheese, 2
Dried cranberry, 1	Radish	Sorghum	Pinenuts	tablespoons	Sour cream, 2
tablespoon	Scallions, green parts	Sourdough	Pumpkin seeds	tablespoons	(LF = Lactose Free)
Dried banana	Spaghetti Squash	bread, slow-leavened, spelt	Sunflower seeds		
chips, 15	Sweet Potato, ½ cup	flour if possible	Tempeh		
Coconut, dry, ½ cup	Tomato, 1 small	Tapioca	Tofu, firm, drained		
	Turnip, ½ of one	Wild rice	Tuna		
	Zucchini, 1/3 cup		Walnuts		

High FODMAP Foods

Avoid these foods as much as possible for the 2-6-week elimination phase.

Fruits	Vegetables	Grains	Protein	Dairy	Other
Apple Apricot Avocado Banana, ripe Blackberry Boysenberry Cherry Dried fruit Fig Fruit juice Grapefruit Mango Nectarine Peach Pear Persimmon Plum and prune Watermelon	Artichoke Asparagus Beet Bell pepper, green Broccoli stalk Brussels sprout Butternut squash Cabbage, savoy Celery Corn, sweet Cauliflower Garlic Green pea Jerusalem artichoke Leek Mushroom Onion Scallion, white part Snow pea Sugar snap pea	Barley Oats, instant or quick cooking Rye Wheat	Beans Cashew Lentil Pistachio Soybean Split pea Tahini Tofu, silken Hummus Any protein marinated in garlic or onion	American cheese Buttermilk Cottage cheese Custard Egg nog Ice cream Kefir Mascarpone Milk, from cow, goat, or sheep Pudding Yogurt Dairy Alternatives: Oat milk Soy milk Others with “inulin” or “chicory root extract” as added ingredient	Agave Molasses Chicory root extract Inulin Coconut water Kombucha Ketchup Sugar free gum Sugar free candy Xylitol Mannitol Sorbitol Tea (oolong, chamomile, fennel, chai) Non-dairy milk made with chicory root or inulin High fructose corn syrup (HFCS) Honey Isomalt Onion Powder Garlic Powder

Low FODMAP Meal and Snack Ideas:

Breakfast Ideas

- Oatmeal with margarine, brown sugar, cinnamon, blueberries, walnuts, and lactose-free milk
- Scrambled eggs, gluten-free or sourdough bread with peanut butter, banana
- Omelet with tomatoes, spinach, red bell peppers, turkey and cheese, kiwifruit

Lunch Ideas

- Ham and swiss on gluten-free bread, grapes, plain potato chips
- Salad with cucumber, tomato, red bell pepper, feta cheese, olives, olive oil and vinegar, blueberries
- Tuna fish, light mayonnaise, lettuce, tomato, gluten free bread, carrots sticks, raspberries, lactose-free yogurt

Dinner Ideas

- Chicken, quinoa or gluten-free pasta with fresh herbs, spinach and tomatoes, sprinkled with sunflower seeds, cubed cantaloupe
- Beef, sautéed red bell peppers, tomatoes, chili pepper, corn tortillas, salad with arugula, radish, scallions (green part only), 1/8 of an avocado squeezed with lime, pineapple
- Fish, rice, zucchini and yellow squash, seasoned with lemon and capers, strawberries
- Firmed tofu, rice noodles, bok choy, carrots, bean sprouts, scallions (green part only), fish sauce, peanuts, mandarin oranges

Snack Ideas

- String cheese, cheddar cheese, lactose-free yogurt, lactose-free ice cream, peanut butter
- Gluten-free pretzels, popcorn, rice cakes or crackers
- Small number of nuts with low FODMAP fruit
- Carrot sticks, broccoli florets, tomato, red bell peppers, cucumber, radish with low FODMAP dressing

Add flavor to any meal or snack with these low FODMAP seasonings

- Salt, pepper, paprika, cumin, ginger, most mustard (avoid onion and garlic)
- Lemon, lime, vinegar, fish sauce, soy sauce
- Scallions (green part only), basil, cilantro, chives, dill, parsley, rosemary
- Black pepper, cumin, paprika, chili powder, coriander seeds, nutmeg

References

- University of Wisconsin. Digestive Health: The Low FODMAP Diet <https://www.uwhealth.org/healthfacts/nutrition/277.html>
- <https://www.monashfodmap.com/>
- <https://www.nutritioncaremanual.org/>